

ALEXIS DENNEHY

PROFILE

Wellness Industry Innovator since 2003. Consistent commitment to problem-based-learning, organisational and community-centred health promotion, systems thinking and interdisciplinary innovation. Experience in marketing and product development including digital and print, project management and event co-ordination. Selected by The University of Queensland Summer Scholarship Program 2021. Qualitative and quantitative research experience. Presently practicing as a Trauma-Informed Somatic Naturopath & Yoga Therapist, writing and presenting in the fields of The Spirit of Sports Coaching, Postural Awareness & Interpersonal Communication.

PERSONAL DETAILS

Address:	1/417 Honour Ave, Graceville	Email:	a.dennehy@uq.net.au
Citizenship:	Australian Citizen	Tel:	0438 953 091

EDUCATION

2019-2020	University of Queensland, Herston	Master of Public Health (Global Health) Distinctions in Biostatistics and Global Governance Commendations for Systems thinking and Health Systems
2020	University of Queensland, St Lucia	Graduate Medical School Admissions Test (GAMSAT) Reasoning in Humanities & Social Sciences 5 Written Communication 61 Reasoning in Biological & Physical Sciences 51
	University of Queensland, St Lucia	Biostatistics course curriculum upgrade
2013-2017	Charles Sturt University, Wagga	Bachelor of Health Science Distinctions in Anatomy, Physiology and Chemistry
2018	University of Queensland, St Lucia	Cross-institutional Study Distinction in Logic and Reasoning
1999-2002	Nature Care College of Natural Medicine	Advanced Diploma of Naturopathy Diploma of Nutrition Diploma of Remedial Massage
1994 - 1996	St Aidan's Anglican, Corinda	Overall Position (OP) 2 Queensland Core Skills Test (QCA) Grade A

OTHER ACHIEVEMENTS

2020-2021	Awarded University of Queensland Summer Scholarship under supervision of Postdoctoral Research Fellow Dr Stefanie Plage at The Life Course Centre, University of Queensland.
2003 - present	Founded One Natural Therapies in Brisbane CBD
2019 - present	Collaboration with Senior Psychologists, Dr Rachel Hannam and Dr Judith Sheridan
2017 to 2018	Participatory Indigenous Mentorship under Dr Wayne Brennan, initiate of Gamilaraay (Indigenous) Lore and archaeologist rock-art specialist in the area of Creational Beings, Song, Place & Story.
2012 - present	Launched The Yoga & Psychology Retreat, run twice yearly at Minjerribah, North Stradbroke Island
1998 - 1999	Certificate of Teacher Training in Hatha Yoga as outlined in Sanskrit and taught by Simon Voysey, held at Sydney University
1996-1997	Awarded Student Exchange Scholarship by Rotary International to attend Greenside High & St Johns College, Johannesburg for 12 months public speaking & international awareness.

EMPLOYMENT HISTORY

Jan 2019 – present (9 months)	Queensland University of Technology, Institute for Health and Biomedical Innovation	Qualitative Researcher and Assistant to Advance Australia Industry Fellow
<p>Role: Thematic analysis (NVivo12) of 15 interviews with responsibility for identifying a set of core pregnancy and childbirth outcomes which can be collected and used consistently across international maternity services. Direct report to Advance Australia Industry Fellow and Research Fellow, Institute of Health and Biomedical Innovation. Member Public Health Association of Australia (PHAA). Member of an international values-based healthcare team, a collaboration with Austin University, Texas, and Institute for Health & Biomedical Innovation (6 members).</p>		
<p>Achievements: Led a high consistency of thematic analysis through peer debriefing, analysis triangulation, reflexivity and audit trail. Provided a rapid literature review on content and process. Engaged with collaborators to avoid duplicated efforts. Provided strategic input on partnership and drafted publication. Managed a logical, traceable and clearly documented process for increased trustworthiness of qualitative process. Submission for publication early November.</p>		
June-November 2019 (6 months)	The University of Queensland, Faculty of Medicine	Student-Staff Partner (Department of Biostatistics)
<p>Role: Direct report to the head of the department with responsibility for upgrading Biostatistics, a core subject to the Master of Public Health, Master of Epidemiology and Doctor of Medicine. Collaboration with UQ's Institute for Teaching and Learning Innovation (ITaLI) and The Institute for Health and Biomedical Innovation (team of 10) to enable software integrations for improved online learning. Member Statistical Society of Australia (SSA).</p>		
<p>Achievements: Approved learning strategies and course content implemented by the faculty of medicine. Implementation of video interviews and software integrations in Biostatistics course 2020. Student Evaluation of Course and Teacher (SECaT) survey results recorded student satisfaction 22.9% for the course (2.3% incremental increase) and 46.4% for teaching (3.2% incremental increase). The program was a finalist in 2019 Advancing Academic Development Good Practice.</p>		
2003 – present	One Natural Therapies, Edward St, Brisbane City	Business Owner-Practitioner
<p>Role: Business owner responsible for marketing communications, branding, product development and sales. Employed four permanent part-time contractors (2008-2011). Project manager and lead (team of 5) responsible for 1-day events and weekend retreats for up to 21 participants. Lead contractual negotiations for corporate consulting. Develop and manage communications and operational standards for clinical safety, diversity and inclusion. Provide leadership of allied health practice, policy and procedure.</p>		
<p>Achievements:</p> <ol style="list-style-type: none"> 1. Entrepreneurship: <ul style="list-style-type: none"> Built a business from start-up to salary and profit in 12-months. Provided allied health management and corporate consulting in Brisbane CBD for 15-years. Project management and team leader of over twelve biannual retreats. Selected as the preferred provider for mental wellbeing at ClaytonUtz (2009 to 2011). 2. Project management: <ol style="list-style-type: none"> (a) 2012 to 2018 – Led teams responsible for groups of up to 21 participants for 1-day and 3-day courses in Mindfulness. Total of 12 x 3-day courses developed in response to client-identified needs and reiterated in response to participant feedback. 3. Allied health and private consulting lead: <ol style="list-style-type: none"> (a) 2008 to 2011 – Brisbane CBD clinical practice, Edward St (>1,000 clients) – Led the allied health team, including sales, marketing, training and operations. Facilitated monthly team meetings, training and professional development. Developed operational standards and manuals. Collated monthly e-newsletters and social media campaigns. (b) 2012 to 2013 - Permanent clinical position held at Barracks Medical, Spring Hill (team of 9 including 4 General Practitioners). Presented by invitation at evening seminar 'Raising Awareness for Anxiety and Depression amongst Women' (>50 clinic members and practitioners) (c) 2016 to 2017 – Permanent clinical position held at Graceville Physio (team of 10 including 8 physiotherapists) 4. Product development: <ol style="list-style-type: none"> (a) 2007 to 2015 - Digital product development – MP3 audio recording for download via online sales (b) 2008 to 2012 - YouTube channel (2.7K views) – audio-visual training (c) 2004 to 2018 - Multi-media product development – Written manual, nutritional supplements + services developed in response to client-identified needs and reiterated in response to user feedback. 		

5. Corporate consulting, contract negotiation and presenting:
 - (a) Advised on health and wellbeing strategy. Led corporate wellbeing programs including custom-designed experiences.
 - (b) 2004 to 2011 – Negotiated and implemented corporate contracts with leading Brisbane offices - The Australian Taxation Office, HerbertSmith Freehills, The Queensland Treasury Corporation, CommBank and Westpac
 - (c) 2015 to 2018 – Negotiated and implemented corporate contracts with and Trident Property Corporation, Eagle St, Auto & General Insurers, Toowong and Kawana and St Peters Lutheran College, Indooroopilly.
6. Business planning and development:
 - (a) 2004 to 2006 - Ranked top SEO position in my field.
 - (b) Built a database of over 1,000 clients receiving monthly e-newsletters and social media campaigns.
 - (c) Completed Edgware Creative Entrepreneurship Business Mapping Course 2012.
7. Strategic Alliance and Partnerships:

Engaged stakeholders with mutual alliance, including other business owners and investors. Developed strategic partnerships and sustainable business practices. Mentored the allied health team on consulting practice and business development.
8. Policy and procedure:
 - (a) 2003 to 2014 - Established and updated policy framework for ensuring safe clinical guidelines, including Australian Clinical Practice Guidelines outlined by the National Health and Medical Research Council, professional association code of conduct and industry professional development.
 - (b) Re-drafted procedures to meet Diversity Australia's diversity and inclusion policy and Workplace Gender Equality Act 2012

2012 - present	Yoga & Psychology Retreat	Retreat Creator, Presenter & Facilitator
Role: Creative development, Project Management, Workshop Design & Delivery for up to 21 participants		
Achievements: Over 14 retreats delivered. Marketing, PDF Retreat Manual design, PowerPoint delivery. Catering for participants. Organization and hosting of special guest presenters, including International Guests. Testimonials and feedback used for product reiteration.		

2009 - 2011	ClaytonUtz, Eagle St, Brisbane	Wellbeing Consultant
Role: Provide advice on mental wellness for reduced suicide in the legal profession		
Achievements: Successfully advised 300+ legal professionals on strategies for mental wellness. Produced and delivered 200+ PowerPoint presentations (30-50 attendants). Senior executives elected to continue private consulting (10+ years). Influenced a culture of mental resilience in a high-pressured professional workplace. The program was awarded the 2011 Australian HR Institute excellence award for reduced rates of suicide in the legal profession.		

COMMUNITY SERVICE

2015-2020	Community Health Promotion	Mindfulness & Yoga Facilitation
Role: Weekly community health promotion		
Achievements: Facilitation of an all ages group (10 to 90-yrs) with diverse needs including cancer support, injury rehabilitation, pregnancy and post-natal practice. Visible postural improvement and reported reductions in anxiety levels. Sustained online practice via Zoom during stage 3 COVID-19 pandemic.		

2021- present	Community Psychology	Group Facilitation & Online Engagement
Role: Weekly live interview via social media (average 1.1K viewers) and monthly in-person practice group (average 20ppl)		
Achievements: High degree of online engagement from viewers with mental health concerns, most commonly social anxiety. Majority of participants convert from online to in-person meeting within 6 months. Consistent community engagement during stage 3 COVID-19 pandemic.		

January 2020- December 2020	Rosie's Friends on the Streets (Soup Kitchen), Roma St, Brisbane	Outreach Volunteer
Role: Provide meals, awareness, support and referral to people residing on the streets in and around Brisbane inner city		

Achievements: Continuity of service and support to marginalised members of the community.

INTERESTS & ACTIVITIES

Meditation, all-forms of dance, mountain biking, body-surfing, toastmasters and networking.

REFERENCES

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